

BABY FOOD?





What happens when drugs are taken during pregnancy?

Alcohol and other drugs are carried through the mother's bloodstream to the unborn baby.

Drugs may

cause low weight at birth or birth too early.

These problems increase the risk for sickness and even death for the baby!

What about taking prescribed drugs during pregnancy?

When you find out that you are pregnant, ask your doctor or nurse whether or not to take prescription drugs and even over-the-counter drugs such as aspirin or cold tablets.



What can happen to my baby if I use alcohol or other drugs when I am pregnant?

Alcohol

Fetal Alcohol Syndrome:

1. Low weight at birth and short length
2. Small head size
3. Facial defects
4. Learning and behavior problems

Fetal Alcohol Effects:

1. Growth and learning problems

Tobacco

1. Low weight at birth
2. Death before birth
3. Birth too early

Marijuana

1. Death before birth or at birth
2. Birth too early
3. Low weight at birth

Cocaine

1. More crying than normal
2. Death before or after birth
3. Less growth than normal
4. Trouble eating and sleeping

Crack

1. Small head size
2. Less growth than normal
3. Learning problems
4. More crying than normal
5. Trouble eating and sleeping

Heroin

1. Low weight at birth
2. More crying than normal
3. Trouble eating and sleeping
4. Death at birth

PCP and LSD

1. Death before birth
2. Behavior problems as baby gets older

Take good care of yourself and your baby before, during, and after pregnancy.

1. Do not use alcohol or other drugs while pregnant or breastfeeding unless directed by a physician.
2. Eat the right foods.
3. Get a lot of rest.
4. Lower stress by walking or by talking to friends.
5. Get medical care.
6. Find help if you need it.

When You Use, You Both Lose!

Call:

1-800-433-0746

Family Wellness Helpline

*It is never too late to quit
and help is available!*



Help give your baby a healthy start.

If you drink alcohol,
smoke cigarettes, or use other drugs, it is
dangerous for your baby!

**Call Now
And Get Help!**



If you are pregnant
or planning a pregnancy, help prevent birth
defects by not using alcohol or other drugs.

**When You Use,
You Both Lose!**

*How can I get
more information?*

**Indiana Family Helpline, Call:
1-800-433-0746**

Hours: 8:30am - 4:30pm
Monday - Friday

Or Write:

**Indiana State Department of Health
Division of Maternal and Child Health
Bureau of Family Health Services
2 North Meridian Street, Suite 700
Indianapolis, Indiana 46204**



**Indiana State
Department of Health**

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